

# THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

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GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



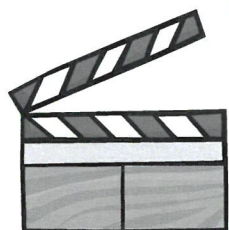
Make New Year's goals.

Dig within and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come."

~ Melody Beattie

We want to hear from you! Barnstable County's Healthy Aging-Cape Cod project, in conjunction with the Wellfleet Council on Aging, is conducting a Cape-wide community survey to hear more about people's plans as they age. Are you planning to stay on the Cape as you grow older? Are you a caregiver for your spouse or parent, or helping a relative or neighbor as they age? And are you receiving help or services from others that's allowing you to stay in your home or community as you age? Please take 15 minutes to complete this important survey, either online using the link below, or through a paper survey which will be available at our center in mid-January. Thank you for your feedback!

Survey Link: <https://www.surveymonkey.com/r/Aging-CapeCod-Regional>



**CHATHAM ORPHEUM MOVIE TRIPS:** Free transportation and show admission through a grant written by the Orpheum. Days/times change due to movie schedule and COA van availability. Call the COA to see what's showing or check our Facebook page for updates. Winter fun!!

Thank you for all the kind holiday cards, baked goods, chocolates & gifts. We enjoyed & appreciated them very much! We are grateful & fortunate to share our days with all of you!

## DATES TO REMEMBER

Tuesday, January 1<sup>st</sup> ~ COA closed for New Year's Day

Monday, January 7<sup>th</sup> ~ New 10-week exercise session begins

January 21<sup>st</sup> ~ COA closed for Martin Luther King Day

February 18<sup>th</sup> ~ COA closed for Presidents' Day



## ♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from **10 AM - 11 AM (NOTE TIME CHANGE)**.

Come in and meet Charlie Altieri, R.N.:

- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions
- Blood pressure
- Weight monitoring
- Nutrition advice & counseling
- Medication questions

### CALCIUM AND VITAMIN D RECOMMENDATIONS Mayo Clinic (May 2018)

Getting adequate amounts of calcium and vitamin D is critical to maintaining good bone health. I've included the recommended daily amounts for these nutrients. Taking nutrients above the recommended amounts will not provide additional benefits and may carry some risk of harm.

Foods are considered the best source of calcium. The highest amounts of calcium are found in dairy products, dark green leafy vegetables and fortified foods and beverages. However, if you find you're unable to get enough calcium through your diet, a calcium supplement may be a good option.

Vitamin D is produced by your skin naturally with exposure to sunlight. It is also found in fatty fish and fortified foods. Because it is often difficult for people to get adequate amounts of vitamin D for bone health, ask your doctor if a supplement is recommended. Many calcium supplements also contain vitamin D.

#### CALCIUM RECOMMENDATIONS

Women 51 and older	1,200 mg a day
Men 70 and younger	1,000 mg a day
Men 71 and older	1,200 mg a day

#### VITAMIN D RECOMMENDATIONS

Men & Women older than 50	800-1,000 IU a day
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**BE WELL! LIVE STRONG! LIVE LONG!**

*Charlie Altieri, RN, Public Health Nurse ~  
Visiting Nurse Association of Cape Cod*

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. *January 11, 25 & February 8, 22.* **SCHEDULING PROCEDURE:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

## ► FOR YOUR ASSISTANCE

► **ALZHEIMER'S ASSOCIATION SERVING THE LOWER CAPE:** Serves Provincetown to Chatham by raising funds to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. All applications are confidential and are submitted by Outreach Coordinator Linda Balch. Please call Linda for more information.

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, January 16 and Wednesday, February 20 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.





**► FOR YOUR ASSISTANCE (cont.)**

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **FUEL ASSISTANCE:** *Wellfleet COA is an intake site for Wellfleet residents in need of assistance with their home heating for November-April. All applications are confidential and are based on income eligibility. Please call to set up your appointment and get a list of documents necessary for filing. Applications can take up to 8 weeks to process.*

► **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment ~ NEW SCHEDULE ~ every other month on the first Monday, from 10 – Noon. *February 4<sup>th</sup>.*

► **OUTREACH MESSAGE ~ Linda Balch, Outreach Coordinator:** *ADVANCE DIRECTIVE DOCUMENTS ~ start the New Year with your paperwork in order. You will need to consider documents like a Durable Power of Attorney, a written Do Not Resuscitate Order, Health Care Proxy (or Living Will), etc. With all the required signatures in place, the person assigned to carry out your wishes has a clear-cut set of rules to follow. If you live in more than one state (example ~ summers in Wellfleet and winters in Florida), you will need to make sure the documents are written and signed for each location. HEALTH CARE PROXY ~ The person you choose to make health decisions if you are unable to. It is advised that you have an alternate assigned as well. LIVING WILL ~ This spells out your wishes like a Health Care Proxy (although the state of Massachusetts prefers a Health Care Proxy) and will be acknowledged if no Proxy is available. DO NOT RESUSCITATE ~ Spells out the conditions under which you prefer not to be resuscitated by CPR. I have copies of all these forms and more ~ please call me if you would like assistance.*

► **TRANSPORTATION:** For Wellfleet residents 60+, through the COA. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping. \* **PLEASE PROVIDE A MINIMUM 24-HOUR NOTICE FOR COA REQUESTS!**

► **TRANSPORTATION RESOURCES FROM CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA):** \* **B.H.T. BOSTON HOSPITAL TRANSPORTATION:** Medical appointments at Boston hospitals daily. Pick-ups in Wellfleet at Dunkin' Donuts parking lot. Call 1-800-352-7155 to reserve BY 11 am the day before. Cost is \$30 round trip, \$15 one way \* **CAPE COD REGIONAL TRANSIT AUTHORITY:** Introducing "free fare Wednesdays" ~ available on their fixed bus routes with your photo ID or Senior Charlie Card, for those aged 60+. Does not include DART service. For more information, visit [www.capecodrta.org](http://www.capecodrta.org) or call 1-800-352-7155 \* **FLEX BUS:** Low cost fixed route from Harwich to Provincetown. Some off-route pickups available, with reservations, up to ¾ mile off fixed route. Schedules available at the COA. Call 1-800-352-7155 for more information.

**🍏 FOR YOUR DINING PLEASURE**

🍏 **MARYANN'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

🍏 **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, \$4.00 ~ every Monday!





## ★ FOR YOUR FUN AND ENTERTAINMENT

- ★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.
- ★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.
- ★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Maryann's Café.
- ★ **WELLFLEET WAVE BOOK CLUB:** **Thursday, January 17, 1:30 ~ *Things Fall Apart*** ~ by Chinua Achebe ~ "*Chinua Achebe has shown that a mind that observes clearly but feels deeply enough to afford laughter may be more wise than all the politicians and journalists.*" —*Time*
- Thursday, February 21, 1:30 ~ *Between the World and Me*** ~ by Ta-Nehisi Coates ~ "*Powerful and passionate . . . profoundly moving . . . a searing meditation on what it means to be black in America today.*" —*The New York Times*

## ◆ FOR YOUR SUPPORT

- ◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ **January 8, February 12.** Call the COA or the Support Center for more information 508-737-7934.



**Starting in January 2019  
On the Outer Cape**

### 1:1 Legal Consultations

Beginning on the Outer Cape in January 2019, through the generosity of Cape attorneys who donate their time, WE CAN offers low to moderate income women a range of free legal services, including individually scheduled 30-minute appointments for women to receive targeted information and guidance on *family law* or *landlord/tenant law*.  
*Please Note: Attorneys do not provide representation.*

- The legal consults will be held on the **2nd Friday of each month, from 9:00 – 11:00 AM**, thanks to Attorneys Dan Kilkenny and Kristen Rufo. The sessions will rotate through the following four locations on a monthly basis, this made possible through our collaborators:

**January 11 in Provincetown @ Veteran's Memorial Community Center**

**February 8 in Truro @ Council on Aging**

**March 8 in Wellfleet @ Council on Aging**

**April 12 in Eastham @ Cape Cod Children's Place**

**Call WE CAN to Register: 508.430.8111**

- ◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10:30 - 12. **January 10, 24 & February 14, 28.** This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715.



**◆ FOR YOUR SUPPORT**

◆ **CAPE COD COPD SUPPORT GROUP:** Chronic Obstructive Pulmonary Disease (emphysema, chronic bronchitis, asthmatic bronchitis & other lung diseases) ~ informed speakers on subjects about lung disease, alternating with discussion format. 2<sup>nd</sup> Wednesday of each month, 2 PM at the Orleans Council on Aging. Affiliated with the American Lung Association of MA. Questions? Call Georgette Keeler at (508)420-5302.

◆ **CAREGIVER'S SUPPORT GROUP:** Cancelled until further notice. Please call Outreach Coordinator Linda Balch if you need assistance.

◆ **FRIENDLY VISITOR PROGRAM:** If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator.

◆ **STAY STRONG CANCER SUPPORT GROUP:** For Lower/Outer Cape residents, for anyone in need of support or to support a loved one through their cancer ordeal. Truro Library, Standish Way, North Truro. 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 6:30-7:45. Run by Ginny Dutra, a registered nurse. Questions? Contact Ginny at [ginny.2000@hotmail.com](mailto:ginny.2000@hotmail.com).

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Maryann's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.

**☺ FOR YOUR WELL-BEING****☺ Exercise with Melissa Shantz: 10-WEEK EXERCISE SESSION**

*Next session Monday, January 7<sup>th</sup> – Friday, March 15<sup>th</sup>*

*Mix & match your days/classes ~ discounted rates for multiple classes ~*

*1X per week for \$55, 2X per week \$80, 3X per week \$100, 4X per week \$120,*

**NEW NEW NEW**

*5X per week \$150,*

*6X per week \$180*

*Drop-ins welcome, \$7 per class drop-in rate, mid-session drop-ins will NOT be pro-rated*

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ *Tuesday from 11:30 – 12:30* and Thursday 8:45-10

**STRETCH CLASS NOW OFFERED ON TUESDAYS AS WELL AS THURSDAYS**


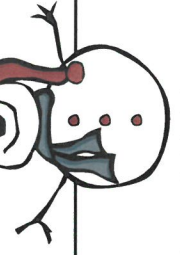
**AND IS INCLUDED IN MIX & MATCH PRICING ~ for example, 3 days of exercise class and 2 days of mat class would be \$150 for 10 weeks! What a deal!**

**\$3.00 per class!! Note: Physician's approval absolutely required for all exercise classes!**

**HOLIDAYS ~ NO CLASSES: January 1 & 21, February 18**

**NEW**

# January 2019 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>1</b> <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>2</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>3</b> 8:45 Stretch & Strengthen 12:30 Maryann's Café 1 Quilting 2 Scrabble	<b>4</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge 
<b>7</b> <b>NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>8</b> 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch & Strengthen 3 Alzheimer's/Dementia Caregiver's Support Grp.	<b>9</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 4 FCOA	<b>10</b> 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Maryann's Café 2 Scrabble	<b>11</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>14</b> 8:45 Strength Training 10:15 Balance/Exercise	<b>15</b> 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch & Strengthen	<b>16</b> 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	<b>17</b> 8:45 Stretch & Strengthen 12:30 Maryann's Café 1 Quilting 1:30 Book Club ~ <u>Things Fall Apart</u> 2 Scrabble	<b>18</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>21</b> <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	<b>22</b> 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch & Strengthen	<b>23</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>24</b> 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Maryann's Café 2 Scrabble	<b>25</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>28</b> 8:45 Strength Training 10:15 Balance/Exercise	<b>29</b> 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch & Strengthen	<b>30</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>31</b> 8:45 Stretch & Strengthen 12:30 Maryann's Café 2 Scrabble	<b>GREAT POND ARTIST OF THE MONTH</b> <b>Marcia Geier</b>



## February 2019 ~ COA Activities

[illegible]

**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Robin Slack ~ Chair  
Wilson Sullivan ~ Vice Chair  
Evelyn Savage ~ Secretary  
Paul Goetinck  
Sarah Multer ~ FCOA Liaison  
Fred Nass  
Brian Quigley  
Dian Reynolds  
Patricia Shannon

**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Greta Einig ~ Acting Treasurer  
Karen Kaminski ~ Secretary  
Meredith Blakeley  
Sarah Multer

If you would rather receive The Wave via  
email, please notify Terri at  
[terri.frazier@wellfleet-ma.gov](mailto:terri.frazier@wellfleet-ma.gov)

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

## **MARYANN'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday**

<b>January 3<sup>rd</sup></b>	Poached salmon with dill crema, lemon scented jasmine rice, cucumber tomato salad
<b>January 10<sup>th</sup></b>	Turkey stew with a puff pastry crust
<b>January 17<sup>th</sup></b>	Pan-seared pork loin with apple raisin compote, mashed sweet potatoes, vegetable
<b>January 24<sup>th</sup></b>	Pasta with tomato cream, roasted artichoke hearts, mushrooms and spinach, green salad
<b>January 31<sup>st</sup></b>	Shepherd's pie (beef), salad
<b>February 7<sup>th</sup></b>	Chicken parmesan, pasta, lemon garlic broccoli
<b>February 14<sup>th</sup></b>	♥ Cod Provencal, pilaf and vegetable ♥
<b>February 21<sup>st</sup></b>	Bacon, cheese and spinach quiche, roasted potatoes, salad
<b>February 28<sup>th</sup></b>	Cashew chicken with sugar snaps, red peppers and Asian noodles



### **MARYANN'S SALADS/SOUPS TO GO**

A pint of salad or soup, varies weekly ~ always delicious!  
Packed to travel on Mondays ~ \$4.00